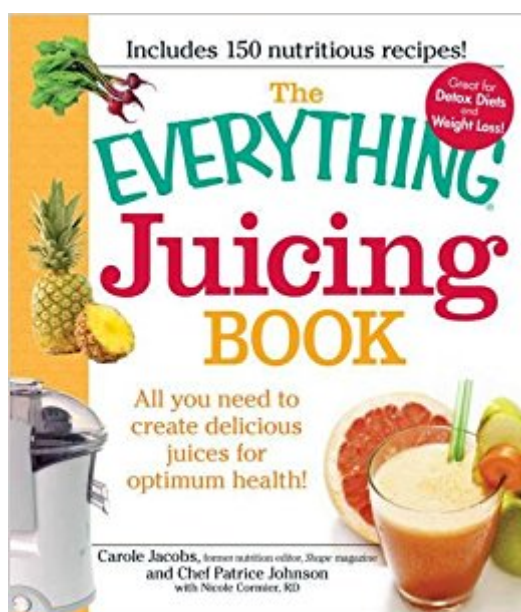


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# The Everything Juicing Book: All You Need To Create Delicious Juices For Your Optimum Health



## Synopsis

Don't eat your veggies, drink them! If you're one of the millions of Americans who doesn't get their recommended daily amounts of fruits and vegetables, juicing is the perfect solution! This book is packed with 150 recipes to make consuming fruits and veggies fast, delicious, and fun, including: Asparagus squash medley Grape citrus apple juice Orange lemonade lift-off Broccoli apple carrot with parsley and lemon juice Strawberry patch juice This handy guide explains why millions of people have turned to juicing to help ward off everyday disorders like colds and migraines, promote longevity, shed excess pounds, and prevent and treat serious diseases. Whether you want to get more nutrients, cleanse your body of toxins, or prevent disease and live longer, juicing is the answer!

## Book Information

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## Customer Reviews

Carole Jacobs is the former senior editor, nutrition editor, and founding travel editor for Shape magazine, and the travel editor for Shape's sister publication for older women, Living Fit. Jacobs is now the fitness editor for Travelgirl magazine. A nationally recognized writer, her work has appeared in more than 250 national publications. She has authored several books, including Detox for the Rest of Us and Fat-Free and Fit. Chef Patrice Johnson graduated with high honors from the California School of Culinary Arts in Pasadena, California, which is affiliated with the prestigious Cordon Bleu in Paris. The owner of Mystique, Your Personal Chef, Chef Johnson specializes in

catering, special occasion dinners, and everyday dinners for clients. In addition, she is an ACE-certified personal trainer. She lives in California. Nicole Cormier, RD is a registered dietician and owner of the nutrition counseling company Delicious Living Nutrition. She is certified in adult weight management from the Commission of Dietetic Registry. Cormier often advocates juicing as a beneficial tool to nourish bodies and increase energy levels.

I am new to juicing and I just love this book! It has so many yummy recipes and it gives just enough information on the nutritional aspects of the ingredients. My favorite part is the customized recipes for just about any ailment you can think of. It's easy to read and well written. I have never liked greens before and they have many recipes to help mask the taste. There are detailed sections on vitamins and their function. This is an excellent home remedy book for all juicers. It has recipes for weight loss, asthma, detox, bloating, cancer fighting, heartburn, the list goes on. I don't feel the need to buy any other juicing books at this point.

Just got our copy today and I have already made a dent in reading it. I wasn't sure about this whole juicing thing, but really wanted to try it after seeing Fat, Sick and nearly Dead, but he doesn't offer any information about why things are good for you and what each offers. This book goes in depth about the various fruits and veggies, what their flavors are, what goes with what, and which types are best for certain health issues. There are a lot of recipes, most of which look really good! I can't wait to dive into the various recipes!

I have tried many, many juicing books over the years and some were too far out for me, some too complicated, some just really tasted awful, some delved too much into the glorious miracles brought about by juicing. I am well-aware of the benefits of lots of fruit and veggies, but hesitant to assign miracles to any one combination. I am also very busy. No matter how dedicated I am to good health habits, I require two things: little prep time and good taste. This book is the one I recommend to all my friends with busy lives and the need for tasty, quick whole food drinks as they rush about their lives. I also recommend my favorite masticating juicer, the Omega J8006. It is small enough to carry with me when I travel, and very easy to clean. If you do not use an easy-to-clean juicer with continuous feed and have some really tasty recipes you will quickly decide that juicing is too much of a hassle and it does not have to be. By the way, for the folk that insist that drinking juice instead of eating the whole food eliminates the important fiber, the nutritional info with each recipe shows that to be incorrect. The "rough" fiber that irritates the colon is eliminated, making juicing an

excellent option for any kind of IB sufferers. I eat no grains due to irritation, otherwise eat a clean diet and am an avid juicer. I am 70 years old and in better health with more energy than in my youth.

I bought this as a mainstream resource to complement a lot of rather dense material related to juicing and health. I figured since I was curious about a juice cleanse it might be worth it. Not so. In just an hour of light browsing/reading I have found the following: a carrot juice that has no carrots in the ingredients almost all the nutritional information is woefully incorrect. I am not even sure how they got it so wrong, but generally everything is about 50-100% more than the reality. They might have taken the nutritional info of all the ingredients and added them all up. several times you'll see 6-8 cups worth of high-liquid ingredients go into the juicer but magically only 1 cup of juice comes up the authors apparently don't know what a pomegranate is based on their instructions (if you followed them literally, you would juice the husk and throw away the juicy seeds) nutritional charts with odd errors like listing parsley more than once in the same cell lots and lots of dubious health claims, especially when related to Alzheimer's, cleanses, alkalizing, etc. I get fad diets exist and often are harmless enough (and provide unexpected benefits by forcing the dieter to pay more attention to what goes in their body) but this is rather explicit about its health claims, despite often being based on one vague and small study. Anyhow, this is a rushed review based on an initial impression. I might spend another hour or two with it but I think this needs to get sent back.

I really like the content of this book, I really like the recipes, but I really DO NOT like the way the recipes are set up. The book is "sectioned off" with different chapters and the recipes are mixed in with health info- which in theory is really great- you can see what recipes are good for what you just read. However, it's not so great when you want to thumb through and find a recipe based on what produce you have. I wish the recipes were all together in the back of the book, and the info just referenced to recipe names / page numbers. Instead, at the end of each chapter, there is a handful of juices that are "good for \_\_\_" (detoxing, cancer, asthma, etc.. whatever chapter you're reading) That being said, there is a lot of good information for the newbie juicer. I've tried a handful of recipes and have liked them all (my favorite is the Bloody Caesar). To me, its set up more like a text book rather than a recipe book. Which is okay, because you do get a lot of info, I have just found it "difficult" to find a recipe based on ingredients. I'm usually not looking for a recipe because its good for my asthma, I'm looking for a recipe because I have X, Y, Z produce and want to know what would be good together. If you're new to juicing though, I think this book is a good one to start with since you do get so much information on the health benefits and cautions you need to take

when juicing.

Not what I was hoping for. If you're looking for juice recipes with multiple ingredients, this book isn't for you. If you're looking for some simple 2 or 3 ingredient juices, this this IS the book for you. On the one hand, it gives you the juice recipes that have ingredients that are good for common ailments, but the recipes are really uninspiring, and the title is misleading because of that. I haven't made any juices from this book, I like more ingredients in mine, more nutrients in each glass if I'm going to use my juicer and have to clean it.

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